



BARTON COUNTY

Public Health

Prevent. Promote. Protect.

Laboratory Services

SEPTEMBER

2025

| SUN | MON | TUE | WED | THU | FRI | SAT | | |
|-----|--|--|---|--|---|-----|----|----|
| |  CLOSED | 1 | 2 | 3 | 4 | 5 | 6 | |
| 7 | BCHD Staff Meeting 8:00 AM | BT CO Commission MTG 9:00AM | Breastfeeding Support Group 4:00 PM | 8 | CLOSED -Staff Inservice Day- | 12 | 13 | |
| 14 | BCHD Staff Meeting 8:00 AM | FLU OUTREACH Galatia: 9:30AM-10:30AM Olmitz: 11:00AM-12:00PM Albert: 1:00PM- 2:00PM Pawnee Rock: 2:30PM-3:30PM BT CO Commission MTG 9:00AM | 16 | 17 | FLU OUTREACH Susank: 8:30AM-9:30AM Beaver: 10:00AM- 11:00AM Odin: 11:30AM-12:30PM Clatlin: 1:30PM-2:30PM | 18 | 19 | 20 |
| 21 | BCHD Staff Meeting 8:00 AM | BT CO Commission MTG 9:00AM | 23 | WIC Prenatal Breastfeeding Class 2:00-3:00pm | 24 | 25 | 26 | 27 |
| 28 | BCHD Staff Meeting 8:00 AM | BT CO Commission MTG 9:00AM WOMEN'S EXPO 3:30-7:00PM | 30 | | | | | |



September & Public Health: It's Flu Season—Are You Ready?

As fall approaches, flu season begins to pick up. The best protection is getting your annual flu shot early. This month, BCHD is hitting the road with our Mobile Flu Clinics to make vaccines easy and accessible for all Barton County residents.

Mobile Flu Clinic Schedule

We're coming to a neighborhood near you with our dedicated public health nurses. No appointment necessary—just show up and roll up your sleeve!

-  **17** Tuesday, September 16
- Galatia: 9:30–10:30 AM
 - Olmitz: 11:00 AM–12:00 PM
 - Albert: 1:00–2:00 PM
 - Pawnee Rock: 2:30–3:30 PM

-  **17** Thursday, September 18
- Susank: 8:30–9:30 AM
 - Beaver: 10:00–11:00 AM
 - Odin: 11:30 AM–12:30 PM
 - Claflin: 1:30–2:30 PM

Meet Our Flu Fighters!

Lindsey Ensley, RN | Christina Delgadillo, RN
Sarah Schridde, LPN | Courtney Dillon, RN | Toshea Bitter, RN
 Questions? Call us at 620-793-1902

 Visit: www.bartoncounty.org

 Follow: [@bartoncountyhealthdept](https://twitter.com/bartoncountyhealthdept)

Why Flu Shots Matter

- Protect yourself from severe illness, hospitalization, and complications.
- Help protect infants, older adults, and those with weakened immune systems.
- Reduce school and work absences during peak flu season.

Remember: The flu vaccine is updated each year. Even if you got one last year—you still need one this fall.

Other September Services & Notes

 **17** WIC and Maternal Health Appointments

 **17** Farmers Market Thursdays at 4:00 PM

 **17** County Commission Meetings – Tuesdays at 9:00 AM

Public Health Tip of the Month

Feeling sick? Stay home. Resting and recovering at home helps prevent the spread of illness and protects others in your workplace, classroom, or community.

Explore additional information regarding these highlights and more in the featured articles in this newsletter!

Please feel free to visit the department in person or call 620-793-1902 if you have any questions.

As always, thank you for your support of Public Health!!

DEA NATIONAL ^{Rx} TAKEBACK



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Barton County Health Department



Turn in unneeded
medication for safe disposal.

Saturday, October 25th

10:00 AM - 2:00 PM

East Side of Barton County Courthouse

Keep them safe. Clean them out. Take them back.

Visit DEATakeBack.com for a collection site near you.

**Senior Farmers Market Nutrition Program
Update**



SENIOR FARMERS MARKET NUTRITION PROGRAM UPDATE

🥕 Senior Farmers Market Coupon Update 🥕

Hi everyone! I wanted to give you a quick update on the Kansas Senior Farmers Market Nutrition Program.

As of September 30, 2025, all of this year's coupons have been distributed. There won't be any additional coupons available for the rest of the season.

👉 If you received coupons, please remember to use them before November 1st! That's the final day they can be accepted at participating farmers markets.

These coupons are a great way to enjoy fresh, local produce while supporting our farmers — and we want to make sure no benefits go unused.

Please help us spread the word to the seniors in your life so they don't miss the opportunity to shop and save before the deadline.

Thank you all for making this program such a success! ❤️

— Katelyn, Barton County Health Department

Don't Wait. Communicate.

Make your family
emergency
communication
plan today.



ready.gov/September



🔴 September is Emergency Preparedness Month

Don't Wait. Communicate.

Make sure your family has an emergency communication plan. Know how you'll reconnect after a disaster—whether it's a storm, power outage, or health emergency.

- ✓ Talk with your loved ones
 - ✓ Write down important contacts
 - ✓ Practice your plan together
 - ➔ 📱 Learn more at ready.gov/September
-

BARTON COUNTY HEALTH DEPARTMENT

MOBILE FLU CLINIC



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COMING TO A NEIGHBORHOOD NEAR YOU!

September 16th

Galatia: 9:30AM-10:30AM
Olmitz: 11:00AM-12:00PM
Albert: 1:00PM- 2:00PM
Pawnee Rock: 2:30PM-3:30PM

September 18th

Susank: 8:30AM-9:30AM
Beaver: 10:00AM- 11:00AM
Odin: 11:30AM-12:30PM
Claflin: 1:30PM-2:30PM

MEET OUR PUBLIC HEALTH NURSES!



Lindsey Ensley, RN
Nurse Supervisor



Christina Delgadillo,
RN



Courtney Dillon,
RN



Sarah Schridde,
LPN



Toshea Bitter,
RN



620-793-1902



<https://www.bartoncounty.org>

@bartoncountyhealthdept

Business Showcase Success



Barton County Health Department had a great presence at the 2025 Business Showcase, connecting with community members and sharing valuable information about our programs and services. Staff engaged with attendees on topics ranging from preventative health to family support, answered questions, and built new partnerships with local businesses and organizations. The event gave us the chance to highlight the resources we provide to Barton County and strengthen relationships that help keep our community healthy and thriving.

Free Prenatal Education Classes



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Becoming a Mom

When: Every Tuesday from 1:30 to 3:30 PM
Where: Barton County Health Department

| | |
|------------------|--------------------------------|
| OCT 7 | You and Your Pregnancy |
| OCT 14 | Healthy Pregnancy |
| OCT 21 | Labor and Delivery |
| OCT 28 | Feeding Your Baby |
| NOV 4 | Newborn and Infant Care |
| NOV 18 | Healthy After Pregnancy |

Register today by calling 620-793-1909

☀️ Free Prenatal Education Classes: Becoming a Mom ☀️

The Barton County Health Department invites all expectant mothers to join our free prenatal education series designed to support you through every stage of pregnancy and early parenthood.

 Every Tuesday

 1:30 – 3:30 PM

 Barton County Health Department

Upcoming Sessions:

- October 7 – You and Your Pregnancy
- October 14 – Healthy Pregnancy
- October 21 – Labor and Delivery

- October 28 – Feeding Your Baby
- November 4 – Newborn and Infant Care
- November 18 – Healthy After Pregnancy

😊 These classes are a wonderful opportunity to learn, ask questions, and connect with other moms-to-be in our community.

📞 Register today by calling 620-793-1909

Barton County Health Department

OPEN HOURS

Monday

9:00AM-6:00PM

Tuesday

8:00AM-6:00PM

Wednesday

8:00AM-6:00PM

Thursday

8:00AM-6:00PM

Friday

8:00AM-12:00PM

Saturday

Closed

Sunday

Closed

Monday-Thursday Open 12:00PM-1:00PM

Eat a healthy breakfast to start the day.

We all hear that breakfast is the most important meal but why is that? Just like a car needs fuel to go, our bodies also need to be fueled to get our day started off right. Blood sugars are usually the lowest when we wake, we need this sugar (but not too much) to make our muscles and brain work. Breakfast is a good way to refuel for the day. If our bodies do not get this fuel from food, we may feel less energy and be less able to focus.

Kids who don't eat before school have a harder time focusing and can be tired at school. They may also be cranky or restless. Kids who eat breakfast benefit from higher test scores, have better concentration, solve problems more easily and have better muscle coordination. In addition, children who eat breakfast tend to get more calcium for their growing bones.

The best choice is a mix of foods that contain carbohydrates, protein, healthy fats, fiber too. Carbohydrates will provide energy quickly; the protein will provide energy later and the fiber will keep us feeling full longer.

Try some of these quick and easy breakfast options:

- Instant plain oatmeal topped with chopped walnuts and sliced fruit
- Peanut butter on whole-grain toast
- Smoothie that includes milk, spinach, frozen banana and a nut butter
- Yogurt parfait with whole grain granola and blueberries
- Grits and eggs
- Iron-fortified cereal with milk and banana slices

Chorizo Egg Bites



These high-protein vegetarian chorizo egg bites are baked in a muffin tin with cottage cheese, soy chorizo, and cheese, making a good breakfast on the go! You can also use turkey or pork chorizo in place of the soy chorizo.

Ingredients

- Olive oil spray
- 1-12 oz package soy chorizo (can substitute turkey or pork chorizo)
- 12 large eggs
- 1 cup low-fat cottage cheese
- 1 cup shredded Mexican cheese blend (divided)
- 3 tablespoons chopped pickled jalapenos (plus more sliced for topping)

Instructions

1. Preheat the oven to 350 degrees. Spray 2 standard 12-cup muffin tins generously with oil to avoid sticking. Set Aside.
 2. In a medium skillet, cook the chorizo according to package directions. Transfer to a small bowl and allow to cool for 5 minutes while you combine the other ingredients.
 3. In a large bowl, whisk the eggs. Add the cottage cheese, half of the shredded cheese, and pickled jalapenos, whisk to combine. Add the chorizo back in and mix.
 4. Pour mixture evenly into muffin tins. Sprinkle the tops with remaining cheese and a jalapeno slice and bake for 20 minutes.
 5. Allow to cool in the pan for 5-10 minutes then, using a butter knife or flexible off-set spatula, remove the bites and allow to cool. Makes 16.
-

WHAT WOULD YOU GAIN IF YOU QUIT VAPING?



Text "Start" to 36072
Free, confidential help.
Just for teens.

MY LIFE MY QUIT™

Your reason to quit gets bigger every day.

Did you know the Kansas Tobacco Quitline has a special,
free program for pregnant individuals?

- \$40 Mastercard gift card mailed to your house after each coaching call completed.
- Up to 5 phone calls during pregnancy and 4 phone calls after childbirth.
- Resources designed to help people who are pregnant quit.



For free help to quit smoking and vaping, call 1-800-QUIT-NOW (784-8669).

Contact Us



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Try email marketing for free today!